

A Family Walk is designed for fun, fitness, and family. It is a walk along a pre-marked route. It is non-competitive and not timed. You may walk for free. All are welcome.

Procedures: Walk, jog, or run at your own pace.

Disclaimer: Participants do so at their own risk. The sponsor will make every reasonable effort to make the events safe and enjoyable for all. However, the sponsors and organizers cannot be held responsible for any lost or stolen articles, accidents, or injury of any kind at any time.

Start Location: Fletcher Hills Library
576 Garfield Avenue
El Cajon, CA 92020
(619) 466-1132

Ask a person behind the main desk for the “Walking Box.”

Fletcher Hills Branch Hours						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
CLOSED	9:30-6	12-8	9:30-6	9:30-5	9:30-5	CLOSED

Trail Description:

Both the 10K (6 mile) and 5K (3 mile) walks are rated a 2 out of 5. (There are a couple of short hills along the trail.) The walks are on city streets and along the paved trails in parks. Strollers, and wagons ok. Wheelchairs might be a problem due to the hills.

Pets are OK on a leash with cleanup.

The walk is available daily.

We request that you walk from dawn to dusk only.

Information on other walks sponsored by the San Diego County Rockhoppers can be found at the club's web site:
www.sandiegorockhoppers.com

Miscellaneous: Water and rest rooms are available at many locations along the route.

Special thanks to the administrative staff of the **Fletcher Hills Library** for their cooperation in making this year-round walk possible.



Landmark Fletcher Hills Water Tank

Directions:

From Route 125

Exit at Navajo Road and head east. In ¼ mile, turn left at Fletcher Parkway. In another ¼ mile, turn right on Garfield Avenue. The library is immediately on the right. There is ample parking in the rear of the library, or in the shopping center.



Year-Round Family Walk Fletcher Hills Library El Cajon, CA 10K (6 miles) & 5K (3 miles)



Sponsored by the
San Diego County Library Association
and the
**San Diego County Rockhoppers
Walking Club**